

Thinking Time

Exploring our Quantum Mind

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[Dámhsgoil Neamhachais na hErend](#)

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A friend of mine whom I recently called the *Queen of our Quantum Mind* has asked me why do we spend so much time thinking? Why do we have so many thoughts? What are thoughts, and where do they come from?

These are some of the most pertinent questions in today's world, and queenie, I'm not plamasing you. They are. As I mentioned after our previous discussion when I wrote [Healing the Mind](#) modern theories of neurophysiology, think of it as the science which explores the structure of the brain, have things a bit confused. According to most of their theories, and I'm not going to justify myself by looking for references, consciousness is an [epiphenomenon](#) of matter. In other words matter is more refined, and consciousness is some sort of abstract projection of [neurophysiological](#) processes, either electromagnetic, or biochemical. However my research, both reading, and personal, I have spent twenty one years doing research into my own mind through the process of meditation suggests differently. And that is, that matter is an epiphenomenon of consciousness. Not only in one sense is the universe conscious but perhaps it also thinks. Every human being thinks from a very deep level, perhaps the deepest self referral being in our known portion of the universe.

I remember when I first learned to meditate, and I saw the first of Maharishi's videos. He was talking about the process of quietening the mind, and the herd of elephants, meaning our thoughts which can stop us reaching our goal, which he called the state of transcendental consciousness. It is called that because it [transcends](#), the three states of consciousness normally considered by modern science. In fact there are seven states of consciousness, but all I will talk about for the moment are the first four. The first obviously is the waking state, or *dúiseacht* in Irish. I have always been struck by the fact that *dúiseacht* reflects the Irish for seven, *seacht*, and could be interpreted as *deep into seven*. So in waking state consciousness in Irish there are echoes of the seven states of consciousness. The next state we enter when and if we are able to get to sleep, is the dream state, *taibhreamh*, *aisling*, or *bringolóid*, in Irish. These probably represent different types of dream states. Of course even deeper still are lucid dreams, [astroplaning](#) and of course nightmares. We have all experienced these to some greater or lesser degree throughout our lives. Two points about getting to sleep, I remember my mother telling me once, that she asked me when I was about ten, how I got to sleep, and apparently I replied 'very simple mum, I do sums in my head.' Another point is that when I had grown up I inherited my mother's difficulties in getting to sleep, and I asked the *Mother of Compassion*, how she got to sleep, and she replied that she just went into the cloud. Perhaps an interpretation of the Irish phrase *codal go sámh*, beloved of every Irish parent. The final state of the three currently considered is the deep sleep state, which we can translate as *coladh*, or *coladh sámh*. You know that blissful feeling when you disappear into a place of complete rest and relaxation, where you wake up in the morning completely rested and refreshed. It might take a little while to start up again. I remember once I was seeing a psychotherapist to resolve some issues relating to the *Innocent Boy*, and he had a book by, as far as I remember, Auden, and he was writing about putting on our body in the morning, or as the *Queen of Skibbereen* said after you left the *Morning*

Philosophers ‘clothing the soul.’ In a very real sense our most refined level of existence is, as a soul made flesh, as consciousness manifesting through matter, or as Maharishi puts it in [The Science of Being the Art of Living](#), the small self, the individual person.

So what does this have to do with the quantum mind and your initial questions in relation to the nature of thoughts. You can think of a thought as a vibration of speech. Initially those vibrations are very refined, but as they increase in energy they eventually arise in to our conscious awareness. They are continuous, just as everything in nature is continuous. But it is possible to go beyond the thought process, to go to the source of thought, and beyond. When we do that we reach a state of utter stillness. That is what I was writing about in the second poem in *Faitheadh na Gabhláin - Folding the Branches, Ciúin le Miúin*, which I dedicated to Mair Fenn the lady who taught me to meditate. I can go through it and explain it later if you wish. Physicists call this level of reality the Unified Field, the level at which the four major forces, electromagnetic, weak, strong, and gravitation, are completely united. When I’m talking about computation I use the term Unifield. You should have a look at my note on Invincible Computation the Logo, which is on the summary section of my LinkedIn profile. This level of reality is the source of everything in nature, including our thoughts, both as individuals and collectively. There is a wonderful book by Peter Russell, originally called *The Awakening Earth*, but now [The Global Brain](#), wherein he talks about not only individual consciousness but also collective consciousness. This was one of the many books I read whilst doing my PhD research. I needed a distraction from the software I was developing. No wonder my mind became so stressed at the time holding a computer program of some 70,000 lines in my head. I didn’t write it all, but I still had to test and check every bit of it.

This leads to another thing which I mentioned before the mistake of linear, or rational thinking, something which is known in vedic science as the *mistake of the intellect*. The intellect is that part of our mind which discriminates, or in Irish *idirdhealú*, to distinguish between. Once distinguished between two concepts the intellect is happy, and doesn’t want to give up it’s cherished brilliance. But in reality every manifest object or process contains the seed of unity, and it is in battling with the intellect that all these thoughts emerge.

Finally for the moment. I know that this will most likely raise more questions than it answers, the root of the word quantum, is the Latin word *quantus*, and you know how that is adapted into Irish. I don’t need to repeat it here. In my Irish I use what I consider to be a better word, derived from the English meaning of *quantus*, which is ‘*how much?*’ So in my Irish I use *cémhéid* for quantum, therefore the quantum mind is *meon cémhéideach*, with the little bit extra signifying that *cémhéid* is being used as an adjective. By the way there are lots of words in Irish for thoughts and the thinking process, and in general Irish is much better at expressing what in English are very abstract mental processes.

This is just a little taste of my journey since my father gave me a book on quantum physics when I was fourteen. A little while ago now.

Sin É

Brían

Acknowledgement

For the *Queen of our Quantum Mind* whose incisive questioning sparked this short paper, overleaf is the poem I dedicated to her.

The Queen of our Quantum Mind

A probing joyous chat provokes
A realisation
That quantum knowledge is not so abstract
Not so removed from ordinary reality
We use quantum physics every day
The gaps between our neurones are quantum tunnels
Enlivening neural pathways is our true
Culturing value
I am motivated now to begin
To express
In depth
The results of my work
The work of years
Mainly in tears
Trying to solve the quantum reality
Of duality
How can something be
In two places at once
How can some thing
Go through two holes
Two slits
Double slits
Creating waves of interference
A congruence of perception
We peer at the world
We create our perception
Without us the universe
Does not exist
Memories persist
Desist to make us
Create again our reality
Surreal wonders relax
Our perception
The cat of consciousness
Creates this perception
I saw him again last night
A beautiful black
Like the one in Cork
Who inspired me
To write and interpret
My mother's expression
On the day
I interpreted the start
Of Patanjali
From Sanskrit through the
Phonology of my own tongue

Then her veil lifted
And I saw into our true
Nature
A nature surveyed by you
And made more beautiful